

The Marsh Group Fitness Studio Schedule

February 11 - 17, 2019

Morning Classes

MON	TUES	WED	THUR	FRI	SAT	SUN
Cycle 6:00 AM Bill West Studio	Body Pump 6:00 AM Liz East Studio	Cycle 6:00 AM Diane West Studio	Body Pump 6:00 AM Shayna East Studio	Cycle 6:00 AM Brenda West Studio	Hatha Yoga 8:00 AM Carlton East Studio	Cont. Vinyasa Yoga 9:00 AM Shari East Studio (70)
GRIT Strength 6:15 AM (30) Mike East Studio	Gentle Yoga 8:00 AM Liz East Studio	GRIT Plyo (30) 6:15 AM Claire East Studio	Gentle Kripalu Yoga 8:00 AM Amy East Studio	GRIT (30) 6:15 AM Shayna East Studio	GRIT (30) 8:30 AM Mike West Studio	Step & Core 9:15 AM Greg West Studio
Step & Core 8:30 AM Katie East Studio	Intro to GRIT (30) 8:30 AM Andrew West Studio	Step & Core 8:30 AM Teri East Studio	Intro to GRIT (30) 8:30 AM Liz West Studio	Step & Core 8:30 AM Greg East Studio	Body Pump 9:15:00 AM Tina East Studio	Body Pump 10:30 AM Katie East Studio
New! Cycle (30) 8:45 AM Shari West Studio	Vinyasa Yoga (70) 9:15 AM Ryan East Studio	New! Cycle (30) 8:45 AM Andrew West Studio	Vinyasa Yoga 9:15 AM Naomi East Studio	Cycle (30) 9:15 AM Katie West Studio	Cardio Bounce (45) 9:15 AM Katie West Studio	
Cycle (30) 9:15 AM Shari West Studio	Body Pump 9:15 AM Tiffany West Studio	Classical Pilates (40) 9:30 AM Lesley East Studio	Body Pump 9:15 AM Ruth West Studio	Classical Pilates (40) 9:30 AM Kelley East Studio	Cycle 10:30 AM Shari West Studio	
Classical Pilates (40) 9:30 AM Lesley East Studio	Zumba! 10:30 AM Katherine East Studio	Cycle (30) 9:30 AM Amanda West Studio	Flo Motion (45) 10:15 AM Laura East Studio	Core & Stretch (30) 9:45 AM Katie West Studio	Cardio Dance Variety 10:30 AM Liz (I45) East Studio	
Yoga Stretch (30) 9:45 AM Shari West Studio	BodyRecall & Stretch 11:30 AM Stephanie West Studio	New! Barre (45) 10:15 AM Amanda West Studio	Barre Express (25) 11:00 AM Laura East Studio	Cardio Barre 10:15 AM Amanda East Studio	Barre Express (25) 11:15 AM Liz East Studio	
Nia 10:15 AM Liz East Studio		NIA Dance 10:15 AM Beth East Studio		Tai Chi for All 10:30 AM West Stephanie	\$ Practicle Mindfulness 11:45 AM Liz West	
Gentle Yoga 11:30 AM Amy East Studio		Yogilates 11:30 AM Laura East Studio		Gentle Yoga 11:30 AM Amanda East Studio	Vinyasa Yoga 12:00 PM Zoe East Studio	
Tai Chi / QiGong 11:30 Am Dianna West Studio		GYROKINESIS 12:30 AM Sonia East Studio				

Afternoon & Evening Classes

Cycle (45) 5:00 PM Brenda East Studio	Slow Vinyasa Yoga 4:30 PM Nasa East Studio	Tai Chi for All! 5:00 PM Birgit East Studio	H.I.T & Yoga Flow 4:30 PM Brenda cross train today	BodyPump 5:30 PM East Studio Katie		Gentle Yoga 5:00 PM East Stephanie
Gentle Krip. Yoga 5:30 PM Liz West Studio	Cardio Bounce HIIT 5:30 PM Ruth (45) West Studio	Cycle (45) 5:00 PM Bill West Studio	Cardio Bounce HIIT 5:30 PM Ruth (45) West Studio			
Body Pump 6:00 PM Ruth East Studio	GRIT for Everybody(30) 6:00 PM Michael East Studio	Body Pump 6:00 PM Katie West Studio	GRIT for Everybody(30) 6:00 PM Claire East Studio			
Kickboxing 6:30 PM Mike West Studio		Iyengar Yoga for All 6:00 PM Nancy East (75)	Vinyasa Flo Yoga 6:45 PM TBD East Studio			

Group Fitness Classes are 55 minutes in length unless indicated otherwise in parenthesis
 All classes are free of charge to members except for special programming (designated with \$)
 For the most current class information please visit themarsh.com/classes-programs